

A FITNESS PROGRAM FOR SENIORS

This six-week program is specially designed to meet the needs of those over the age of sixty. The class will meet two days per week with various times and days offered.

Below is a list of activities that will be included in the class:

- **INSTRUCTION FOR APPROPRIATE CARDIOVASCULAR ACTIVITY**
- **STRENGTH TRAINING**
 - **FREE WEIGHTS**
 - **RESISTANCE BANDS**
 - **BALANCE AND STABILITY BALLS**
 - **NAUTILUS MACHINES**
 - **BODY WEIGHT EXERCISES**
 - **STRETCHING AND FLEXIBILITY**
- **BASIC NUTRITION TIPS**
- **INDIVIDUALIZED PROGRAM DESIGN**

***PRE-REGISTRATION AND PHYSICIAN'S
CLEARANCE REQUIRED PRIOR TO CLASS START***

***Contact Kelly Scrivener at the fitness center
for more details and to sign-up
301-619-2930***

Workout attire and proper footwear is Mandatory